

BASIC COMBATIVES TIMELINE

Day 1

0800 – 0830	Intro/History
0830 – 0930	Introduction to pummeling /Post, Frame, Hook/ pummel from double under hooks, pummel from 50/50 and pummel from inside control.
0930 – 1000	Stand in base/ dominant body positions
1000 – 1030	Escape the Mount Arm, Trap and Roll
1030 – 1100	Pass the Guard
1100 – 1130	Achieve the Mount from Side Control / Drill # 1
1130 – 1300	Lunch
1300 – 1400	Film 1 (UFC 1 or 2)/ lecture on realistic training plan part 1
1400 – 1430	Shrimp escape / Shrimp drill (escape the double grapevine)
1430 – 1500	Escape the Mount practical exercise
1500 – 1530	Arm Push and Roll to the Rear Mount
1530 – 1600	Escape the Rear Mount / Drill # 2
1600 – UTC	Rolling for dominant position

Day 2

0800 – 0900	Warm up and review
0900 – 0930	Rear Naked Choke
0930 – 1000	Cross Collar Choke
1000 – 1030	Bent arm-bar from mount and side control
1030 – 1130	Straight arm-bar from mount / straight arm-bar from mount drill
1130 – 1300	Lunch
1300 – 1400	Film 2 (UFC 2 or higher) / Lecture on realistic training part 2
1400 – 1430	Straight arm-bar from guard/ straight arm-bar from guard drill
1430 – 1500	Sweep from the attempted straight arm-bar
1500 – 1600	Scissor Sweep / Drill # 3
1600 – UTC	Rolling with submissions/Intro to Achieve the Clinch drill

Day 3

0800 – 0930	Option Three class (appendix A, Option Three SOP, Clinch against the puncher exercise / close the distance / achieve the clinch / pummel near side, far side / pummel drill / trapping arm in your armpit)
0930 – 1130	Option Three Practical Exercise
1130 – 1300	Lunch
1300 – 1400	Film (Current UFC)/ Class Realistic training part 3
1400 – 1500	Front take down to the mount, Rear take down to the mount, Guillotine choke
1500 – UTC	Rolling with Submissions

Day 4

0800 – 0900	Warm up and review (pummeling from appendix A)
0900 – 0930	Inside Control, outside to inside wedge, counter to inside control
0930 – 1030	Knee strikes (long, up, round) Drill with knee pads if accessible
1030 – 1130	Pummeling for dominant position
1130 – 1300	Lunch
1300 – 1330	Realist Training Plans part 4
1330 – 1430	Defend Knee Strikes, Hip Check, Pull towards the knee, Pull away from the knee (Drill)
1430 – 1530	Defend Knee Strikes with Takedowns, Hip Check Turn Down, Tilt the Head, Pull Away from the Knee inside foot Sweep, Pull Towards the Knee inside hook (drill from neck and bicep)
1530 – UTC	Post/ Frame/ Hook with knees, elbows, head butts and throw down, front and rear takedown, react to contact front and rear with equipment, Grappling over a Rifle, Introduction to weapons transition i.e. pistol and knife

Day 5

0800 – 0830	Review
0830 – 1100	Level 1 Technique Test/Level 1 written examination
1100 – 1200	React to Contact Front and Rear drill
1200 – 1300	Lunch
1300 – 1330	Introduction to Standard Rules Class
1330 – 1430	Grappling with Strikes class, knees from side control
1430 – 1530	Grappling with Strikes exercise
1530 – UTC	End of course critique/graduation

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